

A close-up photograph of a white ceramic bowl filled with a dark, chunky paté. The paté is garnished with a small sprig of green herb. To the left of the bowl, several slices of rustic, golden-brown bread are stacked. A silver butter knife with a paté spread on its blade lies in the foreground, partially overlapping the bread and the bowl. The background is a plain, light-colored surface.

Wild Goose & orange paté



Reconnecting People With Food From Nature



Wild Goose Paté

A rich and delicious pate

INGREDIENTS

You will need:

- 4 wild Goose breasts (goose fat if cooked in the oven)
- 250g Scottish salted butter
- 2 Oranges (grated rind & juice)
- Sprigs of fresh thyme or dried thyme
- 3 cloves of garlic
- 3 onions (medium)
- Scottish Sea Salt & Freshly ground Black Pepper
- 8 tablespoons whisky (optional)

METHOD

- Place the meat in a casserole, cover with goose fat and with greaseproof paper to keep the juices in. Put the lid on, cook at 130°C for 1 hour or until cooked (varies with size). Cool.
- Melt 50g butter in a frying pan and gently cook 3 finely chopped onions and 3 cloves chopped garlic.
- Place ingredients in a food processor; (cooked onions & garlic, 200g butter, goose breasts, orange juice and rind, salt, pepper, thyme and 2 tbsps whisky. Blend until smooth.
- Season to taste.
- Spoon into individual dishes and smooth.. chill to set.
- Serve on oatcakes or crusty bread.
- Serves 4.

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